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What is claimed is:

- 1. An organic electroluminescent element comprising a light emission layer containing a host compound and a phosphorescent compound, the host compound having reorganization energy of from more than 0 to 0.50 eV, wherein the reorganization energy is energy in the process in which the host compound changes to the anion radical, and calculated employing Gaussian 98.
- 2. The organic electroluminescent element of claim 1, wherein the host compound has a phosphorescence wavelength of from 300 to $460~\mathrm{nm}$.
- 3. The organic electroluminescent element of claim 1, wherein the host compound has a phosphorescence wavelength of from 300 to 430 nm.
- 4. The organic electroluminescent element of claim 3, wherein the phosphorescent compound has a phosphorescence wavelength of from 380 to 480 nm.
- 5. The organic electroluminescent element of claim 4, wherein the phosphorescent compound is a metal complex containing a metal belonging to a group VIII of the periodic table as a center metal.

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6. The organic electroluminescent element of claim 5, wherein the phosphorescent compound is an osmium complex, an iridium complex or a platinum complex.

- 7. The organic electroluminescent element of claim 6, wherein the phosphorescent compound is an iridium complex.
- 8. The organic electroluminescent element of claim 1, wherein the host compound is a carbazole derivative.
- 9. A display comprising the organic electroluminescent element of claim 1.
- 10. An organic electroluminescent element comprising a light emission layer containing a host compound having reorganization energy of from more than 0 to 0.50 eV and a phosphorescence wavelength of from 300 to 460 nm and a phosphorescent compound having a phosphorescence wavelength of from 380 to 480 nm, the phosphorescent compound being a metal complex containing a metal belonging to a group VIII of the periodic table as a center metal, wherein the reorganization energy is energy in the process in which the host compound changes to the anion radical and calculated employing Gaussian 98.